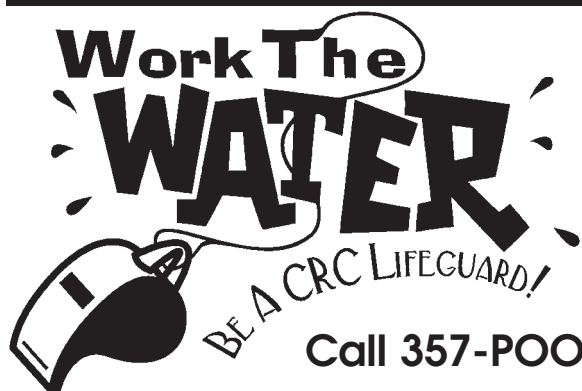


Cincinnati Recreation Commission



Train now to be a CRC Lifeguard

Call 357-POOL(7665) www.cincyrec.org



Lifeguard Training Courses 2010

American Red Cross Lifeguard Training courses are designed to prepare an individual for lifeguard responsibilities.

- Just show up and come prepared to swim! No pre-registration required!
- Attendance at every class is mandatory.
- Courses are free to those who work full-time for CRC for the entire 2010 summer season (book fee \$35). Course fee for those who don't work for CRC, \$235, includes book fee.
- Participants must turn 15 by the end of the lifeguard course.
- Participation in at least one free swim stroke clinic prior to the class is recommended. You may need to attend more than one session.

Mt. Auburn Indoor Pool

270 Southern Ave. 45219

off Auburn Ave, across from Christ Hospital, parking behind ballfield on lower level. Use driveway off Young St.

University of Cincinnati's Campus Recreation Center Pool

2820 Bearcat Way. 45221

	<u>Location</u>	<u>Dates</u>	<u>Days of Week</u>	<u>Times</u>
<u>Spring</u>	1. Mt. Auburn/UC	4/9/10 to 4/18/10	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 10:00 am to 6:00 pm
	* (Report to UC's Campus Rec. Center Pool on Friday 4/9/10 at 5:45 pm for class tryouts.)			
	2. Mt. Auburn/UC	4/30/10 to 5/9/10	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 10:00 am to 6:00 pm
	* (Report to UC's Campus Rec. Center Pool on Friday 4/30/10 at 5:45 pm for class tryouts)			

Ryan Pool

3224 Meyer Place. 45211

Summer

3. Ryan Pool	6/14/10 to 6/18/10	Mon. thru Fri.	8:30 am to 4:30 pm
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357-POOL(7665) or e-mail us at aquatics@cincinnati-oh.gov.

Course entrance requirements: 1.) 300 yard continuous swim, front crawl (100 yards), breast stroke (100 yards) front crawl and/or breast stroke (100 yards); 2.) Swim 20 yards using front crawl or breast stroke, surface dive to a minimum of 7 feet, retrieve a 10 pound object, return to the surface with the object and swim back to the starting point, keeping face above water and holding the 10 pound object with both hands.